



What to expect before DERMAL Filler

- limit drinking the week prior to your appointment
- Refrain from using Ibuprofen, Aspirin, fish oil supplements, or Vitamin E the week prior to your appointment.
- Consider taking Arnica prior to your appointment to lessen potential bruising.
- Come into your appointment with clean skin!



What to expect after DERMAL FILLER

- The most commonly reported side effects with dermal filler include:
 - Redness, swelling, headaches, pain, tenderness, firmness, lump/bump formation, bruising, discoloration, and itching at the injection site. These side effects typically resolve with time and through the patient's home-care.
- Use a cold compress to help reduce swelling.
- Do not wear makeup for 12-24 hours after your procedure.
- Minimize strenuous exercise and exposure to extensive sun or heat within the first 24 hours following treatment.
- Avoid taking aspirin, nonsteroidal anti-inflammatory medications (such as ibuprofen), St. John's wort, or high doses of Vitamin E supplements for 24 hours after treatment. These agents may increase bleeding and bruising.
- If you've received a treatment in the back of your hands, avoid heavy or strenuous use of your hands for 12-24 hours following treatment.
- Avoid exposure to intense cold or heat (sunlamps or sunbathing) for 1 week after treatment.
- Use your hands to massage and mold the injected areas 2-3 times a day for at least 1 week. This will help with swelling and assist with insuring that the filler settles smoothly under the skin. Occasionally, you will need to continue massaging and molding for longer than 1 week depending on the amount of swelling you experience.
- With all skin injection procedures, there is a risk of infection. Please monitor the injected areas for any sign of infection for the initial 7 days after treatment.
 - Patients who experience skin injury near the site of injection may be at a higher risk for adverse events, such as infections.
- Do not have any dental procedures for 2 weeks following your procedure.
- Book a follow-up appointment with your provider for 2-4 weeks after your procedure date.
- If you experience vision abnormalities, scabbing of the injection area, visible tissue damage, or severe discomfort, please contact the office as soon as possible.
- **Please call the office if you have any questions or concerns: (408) 255-3223**